

CUHK Jockey Club Institute of Ageing

Conference on

“Promoting Intrinsic Capacity in Ageing”

「應對老齡挑戰 提升內在能力」

4 December 2017 (Monday)

Lecture Theater 1, Yasumoto International Academic Park,  
The Chinese University of Hong Kong

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香港中文大學  
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CUHK Jockey Club Institute of Ageing



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# WELCOME MESSAGE

Warm welcome to the Conference on Promoting Intrinsic Capacity in Ageing!

Intrinsic capacity, according to the World Health Organization (WHO), is the composite of all of the physical and mental capacities that an individual can draw on. It declines with age due to underlying diseases and the ageing process. Recent trend and WHO reports are centered on a new conceptual model for healthy ageing focusing on concepts of intrinsic capacity and functional ability instead of absence of disease. The model opens up opportunities and rationale for intervention at early stage to delay, slow down or partly reverse the process of becoming frail or care dependent.

Prominent academics and practitioners will share their insights on key aspects relating to intrinsic capacity across the life course. With the Government's focus on end-of-life care service, it is a timely opportunity to discuss the current status and future directions on quality end-of-life care in Hong Kong, with more in-depth discussions on some key issues such as serious illness conversation and medical ethics. In addition, an age-friendly environment ranging from green space in districts to hospital setting and service is vital to physical and psychological wellbeing of older people. Perspectives and cases in different territories from the United States, Mainland China and Australia will help bring out fresh viewpoints, ideas and possible directions for further exploration and application in Hong Kong.

I am glad that the conference has drawn audience from academia, councilors, government officials, healthcare professionals and staff from social service sector. It reflects the need of collaboration from different sectors to improve the wellbeing of our older people. I wish all of you a fruitful experience in the conference and will bring home with great inspiration.



**Prof Jean Woo, MD, FRCP, FRACP**

Director, CUHK Jockey Club Institute of Ageing  
The Chinese University of Hong Kong  
CADENZA Project Director

## Preface by The Hong Kong Jockey Club

Hong Kong’s ageing population presents many challenges and opportunities to our society – pressure on the healthcare system; demand for greater choice and better quality of elderly services; application of the latest innovative approaches and technology; the “silver market” ; and inter-generational harmony, to name a few.

This is why The Hong Kong Jockey Club Charities Trust is putting a high priority on helping our city do more to cater for the needs of its senior citizens, and has made elderly services as one of its strategic focus areas.

In 2014, the Trust funded the establishment of the CUHK Jockey Club Institute of Ageing (IoA) to promote positive ageing. Since then, the Trust has been working with IoA on a wide range of projects aimed at improving the quality of life of our elders.

For example, we have partnered with IoA and three other gerontology research institutes in Hong Kong to implement the city-wide Jockey Club Age-friendly City Project, adopting a bottom-up, district-based approach to promoting an age-friendly culture in all 18 districts of Hong Kong. As part of this project, IoA has taken the lead in researching and developing an annual AgeWatch Index for Hong Kong. The Index provides a useful reference for planning new projects and formulating policies that can cater for the needs of older people and make Hong Kong more age-friendly.

The IoA is also a partner of two other Trust-initiated projects. The Jockey Club End-of-Life Community Care Project aims to improve the quality of end-of-life care in the community, with IoA being instrumental in building the capacity of healthcare professionals to provide end-of-life care services. For the Jockey Club Community eHealth Care Project, IoA has designed a well-being survey to facilitate elderly centres to provide suitable services, and will apply big data analytics to the information collected from the tele-care programme and well-being surveys to better understand the health status and health trends of the elderly in Hong Kong.

Ageing is a natural process that everyone must undergo. The Hong Kong Jockey Club Charities Trust would like to make the journey more fulfilling and colourful. It is our belief that the elderly sector needs to shift towards a more preventive approach – in particular by promoting active, healthy, and more socially-inclusive ageing, which extends the healthy years of the elderly and delays the onset of disabilities and their need for care.

I should like to take this opportunity to express our sincere thanks to IoA for their efforts in building Hong Kong into a more age-friendly city. I am sure the conference will be another great success.



**Mr Leong Cheung**

Executive Director, Charities and Community  
The Hong Kong Jockey Club

# PROGRAMME

0900 – 0930	<b>Registration</b>
0930 – 0935	<b>Opening Ceremony</b> <b>Welcoming Remarks by Prof Fanny Cheung</b> Pro-Vice-Chancellor, The Chinese University of Hong Kong
0935 – 0945	<b>Opening Address by Ms Imelda Chan</b> Head of Charities (Grant Making — Elderly, Rehabilitation, Medical, Environment & Family), The Hong Kong Jockey Club
0945 – 0955	<b>Officiating Address by Ms Elizabeth Tse</b> Permanent Secretary for Food and Health (Health), Food and Health Bureau
0955 – 1000	<b>Group Photo</b>
1000 – 1005	<b>Introduction</b> <ul style="list-style-type: none"><li>• Prof Jean Woo, Director, CUHK Jockey Club Institute of Ageing</li></ul>
1005 – 1040	<b>Quality of End-of-Life Care in Hong Kong: Current Status and Future Directions</b> <ul style="list-style-type: none"><li>• Prof Yeoh Eng Kiong, Director, The Jockey Club School of Public Health and Primary Care, CUHK</li></ul>
1040 – 1115	<b>Moving Towards Universal Access to High-Quality Serious Illness Conversations</b> <ul style="list-style-type: none"><li>• Dr Susan Block, Co-Director, Harvard Medical School Center for Palliative Care and Director, Serious Illness Care Program, Ariadne Labs</li></ul>
1115 – 1145	<b>Coffee Break</b>
1145 – 1220	<b>Ethics for Ageing Societies: How Can We Promote Flourishing and Improve Care</b> <ul style="list-style-type: none"><li>• Dr Nancy Berlinger, Research Scholar, The Hastings Center</li></ul>
1220 – 1245	<b>Panel Discussion</b> <ul style="list-style-type: none"><li>• Prof Cecilia Chan, Project Director, Jockey Club End-of-Life Community Care Project and Professor, Department of Social Work and Social Administration, The University of Hong Kong</li><li>• Dr Raymond Lo, Honorary Professor, Department of Medicine &amp; Therapeutics, CUHK and Consultant and Chief of Service, Palliative Care Services New Territories East Cluster, Hospital Authority</li><li>• Dr Derrick Au, Director, CUHK Centre for Bioethics</li></ul>

# PROGRAMME

I245 – I400	<b>Lunch</b>
I400 – I405	<b>Introduction</b> <ul style="list-style-type: none"><li>• Prof Jean Woo, Director, CUHK Jockey Club Institute of Ageing</li></ul>
I405 – I435	<b>Trajectories of Frailty among Chinese Older People in Hong Kong between 2001 and 2012: An Age-period-cohort Analysis</b> <ul style="list-style-type: none"><li>• Dr Ruby Yu, Research Fellow, CUHK Jockey Club Institute of Ageing</li></ul>
I435 – I505	<b>Impacts of Physical Environment on Elderly Health and Well-Being in High-Density Cities: Implications on Urban Planning and Design for Active Ageing</b> <ul style="list-style-type: none"><li>• Dr Kevin Lau, Research Assistant Professor, CUHK Jockey Club Institute of Ageing</li></ul>
I505 – I535	<b>What Does Age Friendliness Mean to Older People: Perspectives from Rural China and Urban Hong Kong</b> <ul style="list-style-type: none"><li>• Ms Carol Wong, Programme Manager, Collaborating Centre for Oxford University and CUHK for Disaster and Medical Humanitarian Response</li><li>• Dr Anna Wong, Postdoctoral Fellow, CUHK Jockey Club Institute of Ageing</li></ul>
I535 – I605	<b>Hospitals as Healing Environment for Older People</b> <ul style="list-style-type: none"><li>• Prof Renuka Visvanathan, Director, Adelaide Geriatrics Training and Research with Aged Care Centre, University of Adelaide</li></ul>
I605 – I615	<b>Concluding Remarks</b> <ul style="list-style-type: none"><li>• Prof Jean Woo, Director, CUHK Jockey Club Institute of Ageing</li></ul>

# Quality of End-of-Life Care in Hong Kong: Current Status and Future Directions

## Speaker Biography and Abstract



### Professor Yeoh Eng Kiong

Director,  
The Jockey Club School of Public Health and Primary Care,  
CUHK

#### Biography

Professor Yeoh is Professor of Public Health, Director at the Jockey Club School of Public Health and Primary Care of The Chinese University of Hong Kong (CUHK) and also Head of Division of Health System, Policy and Management at the Jockey Club School of Public Health and Primary Care. His research is in health systems, services and policy. A current research interest is applying a system framework in enhancing an integrated health and social care delivery model for the elderly population. He is a member of the Research Council of Our Hong Kong Foundation. He leads in the Asia Pacific Network for Health Systems Strengthening in knowledge transfer to enable strengthening of health systems. He is also a member of the International Advisory Board of the National University of Singapore Initiative to improve health in Asia.

Prior to joining CUHK, Professor Yeoh was Secretary for Health, Welfare and Food of the Government of the Hong Kong Special Administrative Region between 1999 and 2004. From 1990-1999, Professor Yeoh was head & the first Chief Executive of the Hong Kong Hospital Authority. He was President of the International Hospital Federation from 2001-2003 and was awarded the Hospital Management Asia Lifetime Achievement Award in 2002.

He was awarded JP in 1993, OBE in 1997 by the Hong Kong Government and GBS in 2005 by the Government of the Hong Kong Special Administrative Region.



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## Abstract

The projected increase in the percentage of older persons aged 65 and over, from 15% in 2014 to 33% in 2064, indicates a dramatic increase in the prevalence of chronic disease, multimorbidity and frailty which will generate unprecedented demand for health and social services in the coming decades. Given the increase in life expectancy, the utilization pattern in end-of-life care will be increasingly important in the future. In The 2015 Quality of Death Index published by the Economist Intelligence Unit, Hong Kong was ranked number 22 in the overall score, behind other developed Asian economies, including Taiwan, Singapore, Japan and South Korea. Additional appropriate provision would therefore be required to enable good end-of-life care and ensure the system can cope with the expected increase in demand.

As part of a larger study ‘Quality of healthcare for the ageing — health system and service models to better cater for an ageing population’ commissioned by the Food and Health Bureau, multiple studies were conducted and evidence was triangulated to provide evidence-based and locally applicable recommendations for end-of-life care for terminal illness and life-limiting conditions. Local and international practices were evaluated through literature reviews, focus groups, case studies, telephone surveys, secondary data analysis, and key informant interviews. Issues and gaps in local services were identified and a series of legal, organizational and socio-cultural recommendations were proposed to address various barriers to providing quality end-of-life care.

There has been considerable momentum and many initiatives in end-of-life care in the last few years both in the health and social sectors with support from civil society and the community. However, the infrastructure and systems to provide good end-of-life care in Hong Kong is currently evolving and in development. There is, therefore, a need to reconceptualise end-of-life care, systematise service provision and reinvent the model of care for older persons in which end-of-life care is integrated. Governance and leadership in government, in collaboration with the public and private sector healthcare institutions and non-governmental organisations, will enable concerted and proactive efforts and accelerate the transformation needed.

# Moving Towards Universal Access to High-Quality Serious Illness Conversations

## Speaker Biography and Abstract



### Dr Susan Block

Co-Director, Harvard Medical School Center for Palliative Care and Director, Serious Illness Care Program, Ariadne Labs

### Biography

Susan D. Block, M.D is the Director of the Serious Illness Care Program at Ariadne Labs, a joint center for health care innovation at Brigham and Women’s Hospital and Harvard School of Public Health and Professor of Psychiatry and Medicine at Harvard Medical School. She served as the Founding Chair of the Department of Psychosocial Oncology and Palliative Care at Dana-Farber and Brigham and Women’s Hospital, and Founding Director of the Harvard Medical School Center for Palliative Care. Dr Block received her AB from Stanford University, her MD from Case Western Reserve University School of Medicine, and completed residencies in both internal medicine and psychiatry at Beth Israel Hospital in Boston. She is board-certified in both fields. Dr Block has been a national leader in the development of the field of palliative medicine, has led major innovative educational and quality improvement projects in a variety of areas, is known internationally as an expert in medical education, faculty development, and health system change, and has contributed to research in medical education, palliative care, psycho-oncology, and health system change. She is the author of over 200 publications and has won numerous awards for education, research and leadership.

### Abstract

High quality serious illness conversations are associated with improved patient and family outcomes, including increased goal-concordant care, improved quality of life, better patient and family coping, fewer hospitalizations, and better bereavement outcomes. All patients with serious illness should be assured that such conversations will occur early enough in their illness trajectory to allow them to make appropriate decisions and to live as well as possible with their illness. In order to approach the goal of universal access to serious illness conversations, all clinicians who care for patients with serious illness require training and support in this process. The Serious Illness Care Program is an evidence-based, patient-centered, systematic approach that incorporates tools, training and systems changes to move health systems towards the goal of universal access to such conversations. This program will be described, evaluation of its outcomes presented, and pathways towards widespread implementation will be discussed.

# Ethics for Ageing Societies: How Can We Promote Flourishing and Improve Care

## Speaker Biography and Abstract



**Dr Nancy Berlinger**

Research Scholar, The Hastings Center

### Biography

Nancy Berlinger’s research focuses on ethical challenges in health care work, and on related areas of professional education and health policy in the United States and internationally. Her special interests include societal challenges arising from population aging and age-related chronic illness; treatment decision-making and care for seriously ill people and near the end of life; health care access and social integration for migrant populations; and the ethics of managing safety and harm in health care systems.

Her research projects include a collaboration with the (US) Society of Hospital Medicine and the American Association of Critical-Care Nurses (AACN), which has created a new primary palliative care process and practice standard for frontline hospital clinicians to improve communication about serious illness. With colleagues at the National University of Singapore, The Ethox Centre of the University of Oxford, and The Hastings Center, she has co-developed the Singapore Bioethics Casebook as a professional and public education tool for Singapore’s ageing society. She co-directs The Hastings Center’s Undocumented Patients project, which maintains a web-based knowledge hub used by clinicians, scholars, students, journalists, and policymakers and has developed policy recommendations for improved city-level solutions, now being implemented in New York City’s health care system.

Her current and recent public service includes the bioethics committee of the White House Office of Science and Technology Policy Initiative on Cancer Diagnostics in Sub-Saharan Africa (2015-present), the ActionHealthNYC Community Advisory Panel, City of New York (2016-2017), and the Care and Coverage Subgroup of the New York City Mayor’s Task Force on Immigrant Health Access (2014-2015). She also serves on the Bioethics Committee at Montefiore Medical Center (Bronx, NY).

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## Abstract

The demographic reality of population ageing in wealthy societies such as the United States and Hong Kong raises profound questions about which values should guide structures and policies to promote good and prevent harm to older adults and to caregivers. Medical and health care ethics are one source of values, and health care systems offer structures and policies that can be analysed and improved. Other relevant sources of values in ageing societies include social care systems, investments in housing and built environments, and expectations concerning paid and unpaid caregivers. This presentation will discuss two current initiatives, grounded in bioethics, that aim to build on medical ethics and health care systems to consider the welfare of older adults, and of caregivers, in ageing societies. Featured examples will include the 2017 edition of the web-based Singapore Bioethics Casebook, which focuses on “Caring for Older People in an Ageing Society”, and demonstrates how cases grounded in the everyday lives of older people and their families can support professional and public learning. The other example will share key learnings from a current Hastings Center initiative on the social ethics of ageing societies.

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# Panel Discussion

## Panelists' Biography



### Professor Cecilia Chan

Project Director, Jockey Club End-of-Life Community Care Project and Professor, Department of Social Work and Social Administration, The University of Hong Kong

### Biography

Professor Chan is a world leader in health and social work. She is editor and author of over 30 books, author of over 300 articles and book chapters in health and mental health in social work, eastern integrative empowerment intervention, outcome research, psychosocial oncology, death and bereavement care. She advocated for a strength-oriented empowerment approach in her work with traumatized individuals such as cancer patients, bereaved persons, persons with severe chronic illnesses and victims of disaster. Her focus is on transformation through pain and suffering. She adopted vigorous bio-psycho-social outcome indicators in her randomized trials on measuring impact of her innovative Integrative Body-Mind-Spirit (IBMS) interventions on different population groups. She leads the first multi-disciplinary team using salivary cortisol (stress) and telomerase (anti-aging) as physiological impact on psychosocial and qigong exercises training by social workers.



## Dr Raymond Lo

Honorary Professor, Department of Medicine & Therapeutics, CUHK and  
Consultant and Chief of Service,  
Palliative Care Services New Territories East Cluster, Hospital Authority

### Biography

Dr Raymond Lo graduated from United Medical and Dental Schools of Guy's and St Thomas' Hospital in London, and received fellowship from Royal College of Physicians and Hong Kong Academy of Medicine. He is Honorary Clinical Professor of Department of Medicine and Therapeutics, Chinese University of Hong Kong, and also holds visiting professorship overseas. Dr Lo is currently serving as Cluster Co-ordinator (Hospice and Palliative Care), Chief of Service in Bradbury Hospice, and Consultant (Geriatrics and Palliative Medicine), Shatin Hospital, New Territories East Cluster, Hospital Authority. Dr Lo is the President of British Medical Association (HK), and Immediate Past President of the Federation of Medical Societies of Hong Kong.



## Dr Derrick Au

Director, CUHK Centre for Bioethics

### Biography

Dr Derrick Au received his undergraduate and medical education at Brown University. He served in public hospitals in Hong Kong since 1984. By training he is a physician specializing in Geriatric Medicine and Rehabilitation Medicine, and practiced clinical medicine for over 20 years before moving on to hospital services management, first at hospital level then in Hospital Authority (HA) Head Office. He was appointed Head of Human Resources of HA in 2011 and the Director of Quality and Safety in 2014. Dr Au has long-term interest in clinical ethics and bioethics and has recently joined the CUHK to be the Director of the CUHK Centre for Bioethics.

# Trajectories of Frailty among Chinese older people in Hong Kong between 2001 and 2012: An Age-period-cohort Analysis

## Speaker Biography and Abstract



**Dr Ruby Yu**

Research Fellow, CUHK Jockey Club Institute of Ageing

### Biography

Dr Yu has research interest in the areas of ageing, frailty, sarcopenia, cognitive disorders, dementia care, mindfulness interventions and health services. She has studied the association of multiple health behaviors with physical and cognitive functioning. She has examined the factors associated with sarcopenia and the predictive ability of sarcopenia on fracture risk in community-dwelling older adults. She has been involved in several studies to assess the effects of mindfulness intervention on cognitive functions and physical fitness among older adults. Recently, Dr Yu has been involved in the Jockey Club Age-friendly City Project aiming to build momentum in districts to develop an age-friendly community through an assessment of their respective age-friendliness. The associations of built and social environments with health-related behaviors and health outcomes have been studied.

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## Abstract

There is little evidence to suggest that older people today are living in better health than their predecessors did at the same age. Only a few studies have evaluated whether there are birth cohort effects for frailty, an indicator of health in older people, encompassing physical, functional, and mental health dimensions. Using data from the 18 Elderly Health Centres of the Department of Health comprising a total of 417,949 observations from 94,550 community-dwelling Chinese men and women aged  $\geq 65$  years in one early cohort (1901-1923) and four later birth cohorts (1924-1929, 1930-1935, 1936-1941, 1942-1947) collected between 2001 and 2012, we examined trajectories of the frailty index and how birth cohorts may have contributed to the trends, using an age-period-cohort analysis. Our findings showed that birth cohort was independently associated with the elevated odds of frailty among recent cohorts of Chinese older people, after adjusting for age, period, gender, marital status, education level, socioeconomic status, lifestyle, and social factors. Older age, being female, widowhood, lower education, and smoking were associated with increased levels of frailty. In conclusion, recent cohorts had higher levels of frailty than did earlier cohorts amongst both Chinese men and women in Hong Kong. Frailty interventions, coupled with early detection, should be developed to combat the increasing rates of frailty in Hong Kong Chinese, which might have far-reaching benefits for individuals and societies by preserving function into old age, increasing the number of years spent in good health at older ages, and decreasing healthcare costs. The results of this study can be used to predict future health trends and the public health burden of the elderly population.



# Impacts of Physical Environment on Elderly Health and Well-Being in High-Density Cities: Implications on Urban Planning and Design for Active Ageing

## Speaker Biography and Abstract



### Dr Kevin Lau

Research Assistant Professor, CUHK Jockey Club Institute of Ageing

### Biography

Dr Kevin Lau is an urban climatologist from the Institute of Future Cities and CUHK Jockey Club Institute of Ageing, CUHK. His research interest focuses on the relationship between urban climate and human thermal comfort in outdoor environment. He also conducts studies on the effect of green space on a variety of elderly health outcomes. Findings of his studies contribute to better planning and design of outdoor spaces in high-density cities and encouraging physical activity and enhancing health and well-being of urban inhabitants.

### Abstract

The physical environment is widely found to be associated with people's health and well-being. However, the inclusion of corresponding factors of the physical environment in epidemiological studies is rather limited. As such, the role of the physical environment in preventing various diseases and health problems cannot be adequately understood. It also limits the potential of incorporating the physical environment into preventive healthcare and relevant planning. As stated in the WHO framework of global age-friendly cities, outdoor spaces and buildings are important aspects for the mobility, independence and quality of life of elderly people. In high-density cities, elderly people's perception of outdoor spaces is considerably different from that in the low- or medium-density cities. In order to better design outdoor spaces for promoting active ageing, it is essential to obtain necessary information for elderly people's perception, preference and usage pattern of outdoor spaces. It also encourages elderly use of such spaces and promotes physical activity and enhances social interactions, which help to prevent geriatric diseases and hence relieve the burden on public healthcare system. Findings of recent studies conducted by CUHK Jockey Club Institute of Ageing will be reported in this presentation and the implications on urban planning and design will be discussed.

# What Does Age Friendliness Mean to Older People: Perspectives from Rural China and Urban Hong Kong

## Speaker Biography and Abstract



### Ms Carol Wong

Programme Manager, Collaborating Centre for Oxford University and CUHK for Disaster and Medical Humanitarian Response

### Biography

Carol Ka Po Wong serves as Programme Manager of Collaborating Centre for Oxford University and CUHK for Disaster and Medical Humanitarian Response (CCOUC), The Jockey Club School of Public Health and Primary Care, CUHK. Passionate about the elderly issue, Carol worked with various NGOs and foundations exploring solutions to cope with the global ageing concern, and has recently started programmes for older population of ethnic minority communities in China.

Carol holds a bachelor and master degree in Journalism and Communication and International and Public Affairs of CUHK and the University of Hong Kong respectively. She has also completed the Master of Public Health programme in CUHK recently, hoping to make efforts to improving the health and well-being of the older population in the Asia Pacific region.

## Abstract

### Is the WHO Global Age-friendly Cities Guide Applicable to Rural Communities in China?

#### Background

With population ageing, the establishment of age-friendly communities has become an important global challenge for the 21<sup>st</sup> century. WHO has developed the Global Age-Friendly Cities Guide (WHO, 2007) to support age-friendly community development. Nevertheless, even with the rapid global urbanization, in developing country contexts, older people still predominantly reside in suburban/rural communities. China, which accounts for the largest proportion of the world's population aged 60 or over, faces the challenges of managing the global most rapid developing empty-nest elders in rural communities. In extreme poverty based rural communities, approaches to manage population aging are even more urgently needed for the underlying gaps in resources and economic development. This study aims to serve as a pilot study to examine if the WHO age-friendly cities guidelines might serve as a framework to supporting the development of age-friendly rural communities in China.

#### Method

This is a qualitative, semi-structured interview based study conducted in January-March 2017 on two extreme poverty, ethnic minority based rural communities (Southwest and Northwest) in China. With the support of the village heads of the two study communities, study samples in both villages were recruited through convenience sampling. For Datan village in Gansu Province, two gender specific focus groups-one for male and another for female were conducted on 9 individuals. For Heihe village in Yunnan Province, interviews were conducted on 6 respondents aged from 60 to 93. The same study tool, a semi-structured questionnaire on eight thematic areas developed based on the Vancouver Protocol (WHO, 2007), was used in both study context. Through comprehending the daily problems encountered by the elders in rural China, and evaluation of the local age-friendly features; goals, challenges and priorities for reinforcing the age-friendliness initiatives of the rural communities are asked to be identified. Data was recorded, transcribed and coded. Thematic areas were identified for final results. The study obtained its ethics approval from the Survey and Behavioural Research Ethics Committee of the CUHK.

#### Results

Despite the differences in settings, results indicated all eight domains in the WHO age-friendly guidelines and their indicators are all regarded as relevant contributors to the age-friendliness of communities in the study settings in extreme poverty based villages in China. When compared between the two communities, Heihe village (southwest) fails to serve as an age-friendly community, though it is doing well in “respect and social inclusion”; whilst Datan village (northwest) is comparatively more age-friendly, has had been quite comprehensive establishing “transportation” and “communication and information” infrastructure. On the other hand, more development in age-friendly outdoors spaces and facilities as well as social participation to promote the age-friendliness were expressed in these study communities.

#### Conclusion

An age-friendly community may maximize and enable the function and well-being of the older population. While intrinsic capacity is only one facet of functioning of an elder, living environments have had been a major determinant that governs human wellbeing at late stage of their life. Further development of the age-friendly guidelines and its applicability to rural context would be useful to facilitate policy and program decisions to support healthy aging globally.

## Speaker Biography and Abstract

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### Dr Anna Wong

Postdoctoral Fellow, CUHK Jockey Club Institute of Ageing

#### Biography

Dr Anna Wong is a Postdoctoral Fellow at the CUHK Jockey Club Institute of Ageing. She graduated from the University of Cambridge with an undergraduate degree in Music and a PhD degree in Education, studying musical engagement and well-being from a Basic Psychological Needs Theory perspective. She is particularly interested in researching human development and specialises in psychosocial interventions to empower individuals to live a healthy, active and meaningful life. Since joining the CUHK Jockey Club Institute of Ageing in 2015, Dr Wong has been actively involved as a researcher in community projects, including the Jockey Club Age-friendly City (JCAFC) Project and the CUHK Knowledge Transfer Project entitled “Pursuing Meaningful Goals as Intervention to Reduce Loneliness Among Hong Kong Elders” in collaboration with the Department of Psychology. She is currently working with local organisations such as Silver Age Studio (銀鈴製作室) under the Senior Citizen Home Safety Association and Hong Kong Theatre Works (香港戲劇工程) to conduct arts-based interventions, with the aim to reduce elderly people’s loneliness through engaging them in meaningful connections within community and residential care home settings.

#### Abstract

##### Social and Psychological Well-Being: Vital Signs of an Age-(un)friendly City?

Age-friendly City or Age-friendly Communities is a concept developed by the World Health Organization (WHO) to address ageing and health in urban settings. They define an “age-friendly city” as “an inclusive and accessible community environment that optimizes opportunities for health, participation and security for all people in order that quality of life and dignity are ensured as people age”. Since their publication of the Global Age-friendly City Guide in 2007, global attempts to understand, evaluate, contextualize, and critique age-friendliness have been plentiful, involving a wide range of sectors in cities and communities. Findings from Hong Kong will be presented and discussed in the context of these latest international developments.

# Hospitals as Healing Environment for Older People

## Speaker Biography and Abstract



### Prof Renuka Visvanathan

Director,  
Adelaide Geriatrics Training and Research with Aged Care Centre,  
University of Adelaide

## Biography

Professor Renuka Visvanathan is a clinician and the Director of the Aged & Extended Care Services at the Queen Elizabeth Hospital, which is home to first class health infrastructure for older people. This clinical service provides for specialist geriatric medicine care in the acute, sub-acute and community setting. Professor Visvanathan is also the Director of the Adelaide Geriatrics Training and Research With Aged Care Centre, which includes an innovative teaching and learning centre developed in partnership with an aged care organization and situated adjacent to a nursing home, day therapy service and an aged care community services hub. She is also the Principle Investigator for the National Health and Medical Research Council of Australia Centre of Research Excellence in Frailty and Healthy Ageing. Her research interest includes research on frailty, falls prevention and dementia care. More recently, she has developed an interest in the influence of the built environment on older people's health. Having graduated with a PhD in 2005, she currently supervises 10 post-graduate research students, has more than 100 publications and her research collaborations have secured almost AUD 15 million in research grant funding since 2009.

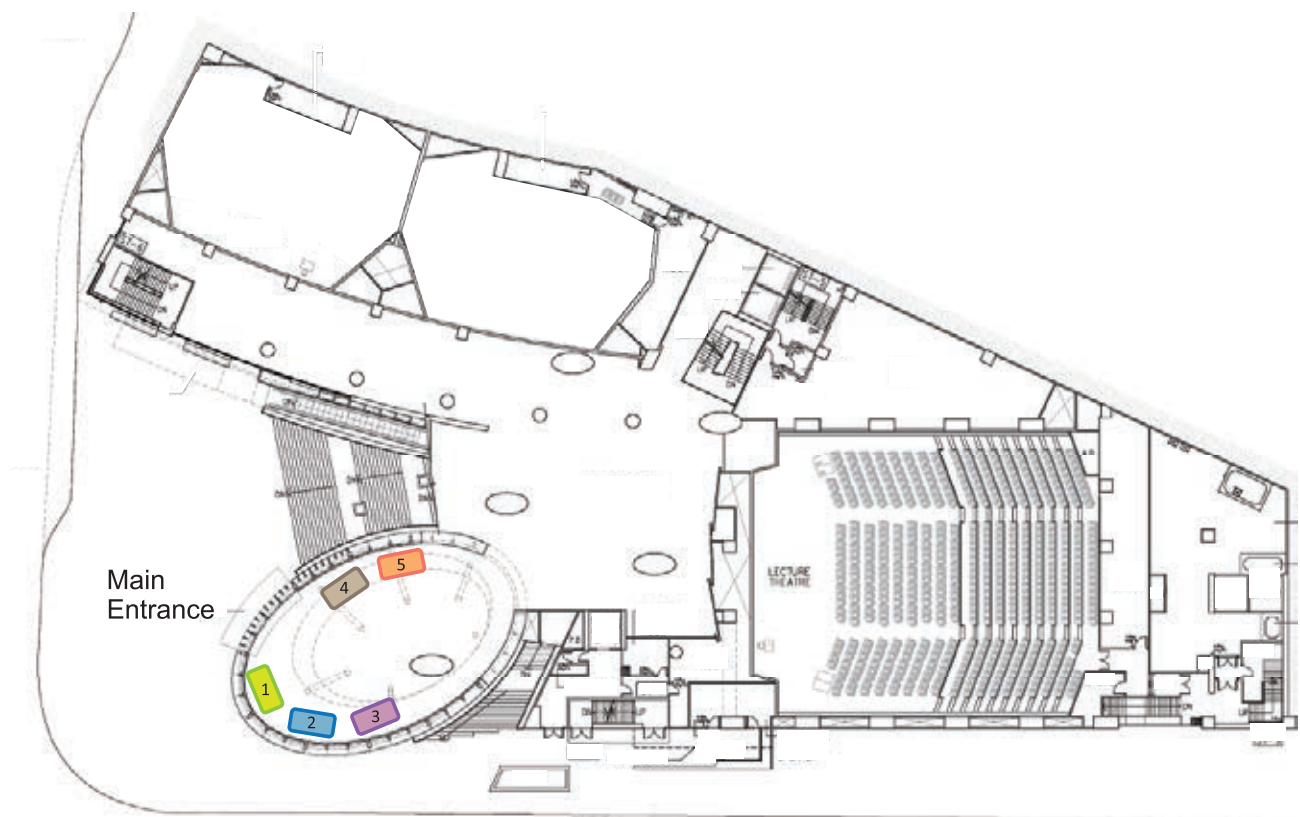
## Abstract

Older people are at-risk of iatrogenesis in hospitals. Iatrogenesis is a Greek term for “brought forth by the healer”. An older person admitted to hospital and exposed to the wrong environment could end up with ‘iatrogenic’ poor health outcomes such as falls and delirium. Not only is this detrimental to the patient but there is also increased health care expenditure to the community. The frail are particularly vulnerable to such negative events.

Hospitals however are intended to be healing environments. Healthcare facilities that are designed with the wellbeing of older people at its core have the potential to promote independence and recovery. The purpose of this presentation is to highlight the benefits of well-designed healthcare environments for the provision of safe and quality care for older people.

## Exhibition Map

G/F, Yasumoto International Academic Park  
The Chinese University of Hong Kong



1. CUHK Jockey Club Institute of Ageing and The Hong Kong Jockey Club Charities Trust
2. Jockey Club End-of-Life Community Care Project
3. Jockey Club Age-friendly City Project
4. Jockey Club Centre for Positive Ageing and Jockey Club CADENZA Hub
5. CUHK Medical Centre

# About the CUHK Jockey Club Institute of Ageing, its vision and mission



In support of the Chinese University of Hong Kong's (CUHK) aspiration to overcome the challenges brought by the ageing population to society, CUHK has established the CUHK Jockey Club Institute of Ageing in 2014 with the generous support from the Hong Kong Jockey Club Charities Trust.

Since its establishment, the Institute has successfully obtained about \$70 million to conduct researches and implement community projects. Researchers with background from architecture, health economics, psychology and public health are pursuing various cross-disciplinary researches in the areas of environmental impact on ageing well, nutrition, loneliness, frailty, index on active ageing and social cohesion. The Institute also implements several key ageing-related projects on age-friendly city, end-of-life care and healthy ageing. The projects are expected to achieve impacts in building up age-friendly communities, enhancing capacity of healthcare staff and raising awareness of the public on end-of-life care, as well as improving self-management of elders in the community.

## Vision

To make Hong Kong an age-friendly city in the world.

## Mission

To synergize the research personnel and efforts on ageing across disciplines to promote and implement holistic strategies for active ageing through research, policy advice, community outreach and knowledge transfer.

## About CADENZA



CADENZA: A Jockey Club Initiative for Seniors is launched and funded by The Hong Kong Jockey Club Charities Trust in light of the rapidly ageing population. It is a HKD 380 million project in partnership with the Faculty of Social Sciences of the University of Hong Kong and the Faculty of Medicine of The Chinese University of Hong Kong. The project aims at creating an elder-friendly environment in Hong Kong to foster positive community attitude towards ageing and continuously improve the quality of care and quality of life of older people.

Since its launch in 2006, many activities under CADENZA have been carried out in the areas of public education, community projects, training programme, and leadership training and research, which are the four main components of the project. Public Education promotes positive ageing and raises awareness of the important issues pertaining to elderly population. CADENZA has collaborated with non-governmental organisations and other community partners to launch community projects, which are innovative and sustainable service models, to cope with the changing needs of seniors. The training programme covers a wide range of training activities including web-based courses, workshop and public seminars to train different levels of professionals, front-line workers, caregivers and the public. CADENZA fellow programme aims to nurture academic leadership in gerontology to advance gerontological knowledge.



## Notes



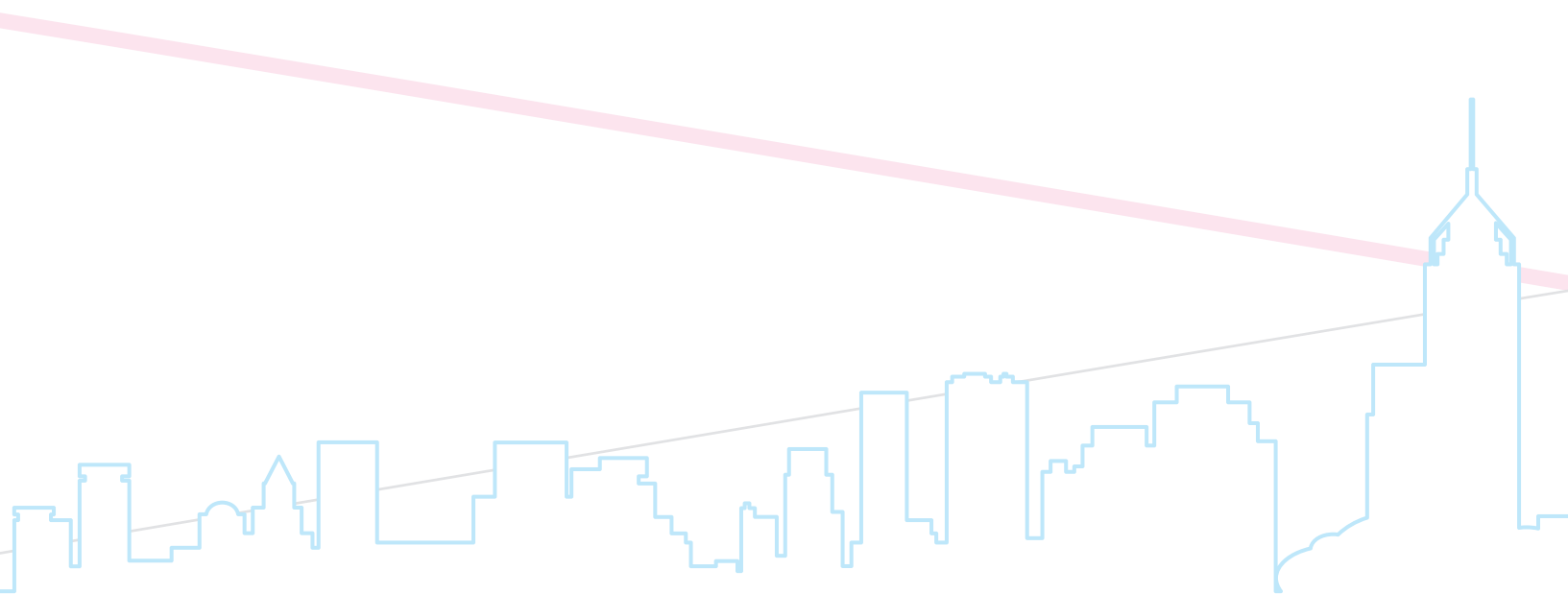
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## Notes



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